

ELLINGTON RECREATION DEPARTMENT 2010 FALL PROGRAMS

Address:

31 Arbor Way/P.O. Box 187

Email: recreation@ellington-ct.gov

Office Hours :

Monday 8:30 am-6 pm Friday 8:30 am-1:30 pm

Tuesday-Thursday 8:30 am-4:00 pm

Phone: (860) 870-3118

Fax: (860) 870-3198

www.ellington-ct.gov

New Registration Process

The Ellington Parks and Recreation Department has implemented a new registration process for ALL recreational programs/camps through our Activenet On-Line Program. The process for the on-line registrations is easy and convenient for all. The process involves following these simple steps:

Go to www.ellington-ct.gov;

Click 'Town Services'; 'Parks & Recreation';

Select 'Click here for New Activenet On-line Registration!'

It is imperative that an adult household member setup the family account. The process for requesting an account is simple and takes but only a few minutes of your time. The advantage to setting up an account is the convenience of registering for recreational programs and camps at your leisure. You will need an e-mail address to setup your account, a password and family member's dates of birth. (Remember to add your family members to your account).

If you do not have access for setting up an account at home, we can assist you in setting up your account here at the Recreation Department Office during regular office hours. **In-office on-line registrations allows you to pay by cash, check or charge with no convenience fee being applied to your credit card. *Note: there is a convenience fee applied to your credit card when registering at home.** If you have any questions or problems please contact Mary Bartley, Recreation Supervisor, who will assist you. Thank you, Recreation Staff.

Cancellation Notice

In the event of snow or bad weather, the Recreation Department will put all program cancellations on television. Tune in to Channels 3, 30 and 8 to check if there is a cancellation which will be listed under 'Ellington Recreation Department'. We reserve the right to limit class size and to cancel classes failing to meet minimum requirements. Ellington residents are given preference for all programs during the first week of registration.

"Buy- A- Brick" at Brookside Park

"Buy a Brick...Leave a Legacy"

Be a part of Ellington's history and help pave the way to a better Brookside Park! The Ellington Recreation Department is sponsoring a "Buy-A-Brick" fundraiser to benefit the enhancements to the playground at Brookside Park. Donors will have the opportunity to purchase engraved bricks which will be used to create a walkway near the playground area at Brookside Park. This is a permanent and meaningful way to help build our community. Bricks may be engraved to honor family members: Grandpa, Grandma, Mother, Son, Friends, memory of loved ones, teachers and/or businesses. What a great way to support your community and at the same time create a lasting memory for your family and friends. Bricks will be available for purchase in two sizes: a 4x8 inch engraved brick paver is available for \$75; an 8x8 inch paver may be purchased for \$100. To buy a brick, send a check, along with a completed order form to:

Ellington Recreation Department

Attn: Buy-A-Brick, P.O. Box 187

Ellington, CT 06029

If you have any questions, please e-mail Cheri at Tay103@comcast.net

Please join us on October 30 at 11am for the GRAND OPENING of Phase 2 of the newly refurbished Brookside Park Playground!

UCONN Women's Basketball Bus Trip to Madison Square Garden, New York City

Maggie Dixon Classic Game VS. Ohio State

Sunday, Dec. 19, 2010

\$67.00 per person Limited to 55 Tickets

Children under the age of 18 years of age must be accompanied by an adult. Make Checks Payable to:

Town Of Ellington

Registration Deadline: October 15th

**FALL JAM
2010!**



Tuesday, September 14, 2010

7:30-8:30pm

@ Ellington Middle School Gym

This is a free community event to kickoff the year! It will feature Connecticut's finest Zumba® instructors, a live percussionist, a drawing for prizes, healthy food and Zumba® clothing for sale.

Bring friends, family and co-workers.

Come experience the joy for yourself!

Page 2		Parks & Recreation ~ 860-870-3118				Fall 2010
ADULT SPORTS						
PROGRAM	ID CODE	DATES	TIME	AGES	FEE	LOCATION
Men’s Volleyball	0101.MVB	Thursdays Starting Oct 21	7:30-9:30 pm	18 + up	\$20 Residents \$25 Non-Residents	Crystal Lake Or Middle School
Women’s Volleyball	0102.WVB	Wednesdays Starting Oct. 20	7:00-9:00 pm	18+ up	\$20 Residents \$25 Non-Residents	Crystal Lake School
Co-Ed Volleyball	0103.CVB	Wednesdays Starting Sept. 22	7:30-9:30 pm	18+ up	\$20 Residents \$25 Non-Residents	Middle School
Men’s Informal Basketball (2 locations)	0104.MIB5	Monday Evenings Sept. 13	5:30-7:30 pm	Over 30	\$20 Residents \$25 Non-Resident	Windermere School
	0104.MIB7		7:30-9:00pm	Under 30		
Adult Tennis Lessons Ages 15 and up	Tennis. AI	Sept. 15,22,29; Oct 6 Rain date to be determined Ins. Rich Willis	6:00-7:00pm 7:00-8:00pm	Beginner Intermediate	\$30 per session	Brookside Park
Cardio Adult Tennis	CARDIO.1	Sept. 15,22,29; Oct 6 Inst. Rich Willis	8:00-9:00pm	All Levels	\$30	Brookside Park
Adult Competitive Basketball	0109.ACB	League Play Begins 3rd week of November Thursday Evenings	7:15-9:30 pm	18+ up	Team Fee \$480.00	Middle School
Women’s Informal Basketball	0110.WIB	Tuesday Evenings Oct. 5 -April 5,2011	7:30-9:00 pm	18+ up	\$20 Resident \$25 Non-Residents	Center School
Informal Soccer Sunday	0111.ISS	Sunday Mornings On going through Nov.	9:00-11:30 am	18+ up	N/A	Brookside Park
Adult Indoor Soccer Co-ed	0112.AIS	Starting Wednesdays Oct. 27 - April 13 Supervisor: Ray Collin	7:30-9:30pm	18 & up	\$20 Residents \$25 Non-Residents	Windermere School
Adult Badminton Instruction Available	0113.BDM	Starting Tuesdays Sept. 28;Oct. 5,19,26	6:00-7:15pm	18 & up	\$20 Residents \$25 Non-Residents	Crystal Lake School Gym
Eastern CT Women’s Soccer Club	0115.401	Sunday Sept.12 - Nov. 14, 2010	9-10:30am	23 & up	Sponsors Fees	Brookside Park

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ADULT & CHILDREN MINI-PROGRAMS						
ACTIVITY	ID CODE	DATES	TIME	AGES	FEE	LOCATION
Adult Karate Instructor: Paul Ward	KARATE.SF1	Session 1:Sept 9,16,23,30: Oct. 7,14 Thursdays	6:45-7:45pm	18 & up	\$45 per session	Windermere School Gym
	KARATE.SF2	Session 2: Oct. 21,28; Nov. 4,18;Dec. 2,9 Thursdays				
Women’s Self-Defense	WMEN.SD	Sept. 23 & 30 Inst.: Paul Ward	7:15-8:45pm	12 + up	N/A	Windermere School
Jukido All Skill Levels Instructor: Paul Ward	JUKIDO.SSF1	Session 1: Sept 9,16,23,30: Oct. 7,14	5:30-6:45pm	6 + up	\$45 per session	Windermere School Gym
	JUKIDO.SSF2	Session 2: Oct. 21,28; Nov. 4,18;Dec. 2,9				
Kripalu Yoga Instructor: Jack Fila	KRIP.YOGA6	Session: 6: Sept. 16,23,30; Oct. 7, 14, 21 ,28; Nov. 4,18; Dec. 2,9,16	6:30-7:45pm	18 & up	\$8.00 per class pre-registered Or \$9.00 Walk-In	Hall Memorial Library 93 Main St.
Community Holiday Chorale	0510.401	To be determined by interest. Registration due by Oct	Evening/ Weekends	ALL	N/A	Varies
Youth Informal Volleyball	YIVB.401	Sept. 27; Oct. 4,18,25	5:30-6:45pm	Grades 5-6	\$15	Middle School
			6:45-8:00pm	7-8		
NYSCA Coaches Clinic	NYSCA.401 NYSCA.402	Sept 16 Oct. 14 this program is available on line www.nays.org/nyscaonlineclinics	7:00-9:00pm	18 & up	\$25	Arbor Commons 2
Soccer/ Basketball Officials’ Clinic	Contact Recreation Department 870-3118	Clinics for in-house officiating will be held early Sept & early Nov.	TBD	14 and up	N/A	To be determined
Golf Lessons Women’s	GOLFW.F010	All Saturdays Oct. 2,9,16,23	11:00-12noon	Women	\$60	Ellington Golf Center
Adult	GOLFA.FO10	Instructor: Jeff Wadsworth jwadsworth50@comcast.net	12-1pm	Adults		
Juniors	GOLFJ.FO10		2pm-3pm	Jr 6-9		
	GOLFR.F010		3pm-4pm	Jr 10-13		
Fall Softball	Fall Softball, Ages 9-14, MAY be available if interests warrants. Birth dates coincide with league guidelines. Please contact the Recreation Department—860-870-3118 in order to determine the status of league play. Informal games are slated to be played on weekends.					

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ACTIVITY	ID CODE	DATES	TIME	AGES	FEE	LOCATION
Youth Co-ed Informal Basketball	ICED.BB1	Tuesdays, Sept. 21,28; Oct. 5,19	5:30-6:45 6:45-8:00pm	3-6 Grade 7-8 Grade	\$5	Windermere School
Tennis QUICK START	TENN.QSC	Session C: Sept. 15,22,29; Oct.6,	3:45-4:45pm	K-4th grade Max 20 per session	\$35	Brookside Park
High School	HSA.TENN	Session A Beginners	3:30 -5:00pm*	14-18 years	\$35 per session	Brookside Park Inst. Charles Huggins
Tiny Tot	TINY.TTT	Sept. 14,21,28; Oct. 5,12 (Tuesdays)	5:00 -5:45pm	3-5 years		
Pee Wee	PEE.PWE		5:45 -6:30pm	6-8 years		
Youth	YOTH.TN		6:30 - 7:30pm	9-13 years		
Tennis		Session B Advanced Sept. 16,23,30; Oct. 7,14 (Thursdays)	*High School Tuesdays & Thursdays			
Tennis Evaluation Clinic	<u>Tennis Evaluation Clinic: Saturday, September 11; Rain date Sunday, September 12</u> Tennis instructors will evaluate the kids for which clinic they should attend, whether it be beginners on Tuesdays or Advanced on Thursdays . Evaluation clinic will be for 30 minutes for each category. Tiny Tots (3-5) 11am ~ PeeWee (6-8) 11:30am ~ Youth (9-13) 12noon ~ Beginners (14-17) 12:30pm					
Lacrosse	0501.LAXB	Saturdays Sept.11—Oct. 30	TB determined by # of teams	Boys Grades 5-8	\$30.00	Windermere Field
BOYS	An informal Youth (Boys) Lacrosse Program will be offered for individuals entering 5th & 6th grades or 7th & 8th grades for the Fall 2010. A mini-game schedule will be held versus teams from Vernon, Tolland, South Windsor, Somers and Granby. One weeknight game and possibly a Saturday game, starting the second week of September 11th. Registration will be open until rosters are completed and space remains available. There will be a FREE Lacrosse Boys Clinic on Sunday, Sept. 19th & Oct. 3rd open to boys in grades K-8 from 3pm-4:30pm for inexperienced players at Windermere School Fields.					
Lacrosse	0501.LAXGL	Sept. 1,18,25; Oct 9,16,23,30	Saturdays 3-4:30pm	Girls Grades 6-8	\$30.00	Somers CT Lacrosse Fields
GIRLS	The girls in 6th,7th and 8th grade will be in an informal league. The games will take place in Somers, CT on the above Saturday dates. There will be a FREE Lacrosse Girls Clinic on Sunday Sept. 19th & October 3rd open to girls in grade K-8 from 3pm-4:30pm for inexperienced players at Windermere School Fields.					
Babysitter Safety Information	BABE.SITT5 BABE.SITT6 BABE.SITT 7	Session # 5: Sept. 28 & 30 Session # 6: Oct. 19 & 21 Session # 7: Nov. 9 & 16	2:30pm-5:30pm 3:30pm-6:30pm 3:30pm-6:30pm	11 to 15 year olds	\$45.00	EMS Cafeteria Windermere Cafeteria
CPROHEART LLC Babysitter Safety Course teaches the skills necessary to care for children of all ages in a variety of settings. The course is intended for 11 to 15 year olds. It covers; diapering, feeding, burping, soothing techniques for an infant, toddler considerations, behavior issues and skills for good behaviors, house safety, fire extinguishers and phone safety. It covers injury prevention, first aid, and choking, and basic CPR techniques. The course covers how to call 911, what to do while waiting in an emergency. The course is six hours, it can be done in two, three-hour sessions and includes a workbook and certification upon completion. It is fun and very interactive with a lot of hands on practice in diapering, bandaging, and role playing. Bring a snack & water bottle, wear comfortable clothing, no cell phones on during class, no computer games or iPods.						

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PRE-SCHOOL & TEENS						
ACTIVITY	ID CODE	DATES	TIME	AGES	FEE	LOCATION
Informal Co-ed Basketball	ICED.BB2	Oct. 1,8,15,22,29; Nov. 5,12,19 Fridays	7pm-9 pm	Grades 9-12	\$5	Center School
After School Bowling Program	0516.CENK4 0516.WINK6 0516. CLSK4	Oct. 7,14,21,28; Nov.4, 18 Thursdays Parents pick up students at Spare Time	4:00pm-6:00pm	Grades K-4	\$65	Spare Time “Vernon Lanes”
			3:00pm-5:30pm	Grades 5-6		
Little Hands Art	LITT.HAND1	Session 1: Sept. 17, 24; Oct.1, 8, 15, 22, 29; Nov. 5	11:15-12:15pm	Ages 2 & 3 years	\$65 Resident \$70 Non-Resident	Hall Memorial Library
	Adult participation required					
Come join us to release that creative energy. We will explore colors, texture and fun painting techniques, sponges, brushes, fingers and so much more!! Enjoy a messy age-appropriate art project with that special little person in your life. Maximum enrollment: 10						
Music& Movement for Tots	MNM.THUR5	Session 5: Sept. 16, 23,30; Oct. 7, 14, 21, 28; Nov. 4 Thursday	10:15 am-11:00 am	Ages 1 to 3 years	\$65 Resident \$70 Non-Resident	Hall Memorial Library
	Adult participation required					
A wonderful group experience for children ages 1-3 years . Come sing, dance, play and move to the beat. This stimulating program will introduce children to a variety of music and instruments. Instructor Jill Maznicki will lead the class in finger plays, songs, bounces, as well as developmentally appropriate group activities. Maximum enrollment: 10						
Outdoor Pee Wee Sports	OPWS.TUES	Sept.14,21,28; Oct.4 Tuesdays	10am-10:45am	Pre-K only ages 4 & 5 years in 2010	\$35	Brookside Park
	Adult participation required					
Instructor: Jill Maznicki. This program will allow for exercise (that energy release!!) and the ability to work on one’s motor skills...with help from a parent, parent participation is required. Maximum enrollment: 12						
After School Yoga for Teens	AFTS.YOGA	Session 1: Sept 14 -Oct 26 Session 2: Nov. 9 - Dec. 14 Session 3: Jan 4 -Feb. 15 Tuesdays	2:30pm-3:30pm	7th & 8th grade	\$5.00 per class	Middle School
	Instructor: Peg Duclos; Minimum 5 per class/maximum 12 per class. On behalf of the Ellington Wellness Committee, we are offering Yoga for Teens. Classes would consist of Asanas (postures) standing, sitting or lying down. Asanas not only tone the muscles ,tissues, ligaments, joints and nerves, but also maintain the smooth functioning and health of all the body’s systems. These postures relax the body and mind, allowing both to recover from fatigue or weakness and the stress of daily life. Yoga also improves self-body awareness, as well as strengthening the body, improving flexibility and calming the mind.					

SANTA LETTERS:

Letters to Santa can be dropped off at the Post Office in Santa's Mail Box starting

NOVEMBER 29

DECEMBER 13 is the last day to drop off letters in order for Santa to provide a timely response.

Please make sure your letter is addressed to Santa and you put your name and return address on the envelope.

Basic Crochet

This is a class we will go over the basic crochet stitches, chain, single crochet, half double and double crochet. We practice a basic square and work our way to granny squares and reading patterns. Class will move from instruction to practice as time passes.

Age: Ages 15 +

Days: Tuesdays and Thursdays
Sept. 28,30; Oct. 5,7, 14,19,21

Time: 5:30-6:30pm

Location: TBD

Fee: \$35.00 for entire session
Plus \$5 materials fee

Instructor: Lauren Sembersky

Ballet I

Introduce your child to the beauty of dance. We will learn some basic steps & positions, but still have plenty of time for play and exploration. Your child will gain new motor control and be exercising while having fun!

Age: 6-9

Day: Wednesdays
Sept. 29; Oct. 6,13,20,27; Nov. 3

Time: 6-6:45 pm

Location: TBD

Minimum Class Size: 7

Fee: \$35.00

Instructor: Lauren Sembersky

Ellington's "OWN" Ultimate Frisbee

Ellington Ultimate Frisbee is ON! The Recreation Department third year program will continue in the form of Ultimate Frisbee. Come join one of America's fastest growing sports! This is a field sport similar to soccer except played with a Frisbee. Ultimate is a great way to get in shape and have some fun. Open to residents of all surrounding towns.

Adult (Age 14+) ~ Grand Masters (Age 50+)

Both Programs are held at Windermere School

Mondays & Fridays from 5:30pm-dark. No fee.

Pre-registration is REQUIRED at Recreation Office

For more information : <http://sports.groups.yahoo.com/group/ellingtonultimate> - or - contact Karl at ksneubec@firehousemail.com

Welcome to Nordic Walking

Nordic Walking is a time efficient, low stress, total body workout. Today over a half million people in Europe have joined this walking for fitness movement. Nordic Walking can be done basically anywhere outdoors and indoors providing that there is ample space. Anyone that can walk will enjoy this activity.

All you need to begin is a set of well designed and properly adjusted Nordic Walking Poles and some training in the techniques of Nordic Walking from a Certified Nordic Walking Instructor. Benefits to Nordic Walking are it brings you outdoors, works your entire body, improves posture, adds stability etc. Contact: Jack Fila, Certified Nordic Walking Instructor, @ 860-202-2403 or e-mail nordicwalkerjack@cox.net for further information.

Saturdays: September 18,25; October 2,9

12:30pm-1:30pm @ Brookside Park \$25.00

PRE REGISTRATION REQUIRED / CODE: NORD.WALK



Zumbatomic® Certified Instructor: Tressa Giordano

ZUMBA.KID1

Session 1: Sept. 21,28; Oct. 5,19,26

ZUMBA.KID2

Session 2: Nov. 9,16,23,30; Dec. 7

Ages 6—11 years \$35.00 per session
6:45-7:15pm @ Ellington Middle School

Your kids are going to love this class! The perfect combination of age appropriate fitness & fun! The class combines high energy, motivating music with easy to follow kid friendly moves. Zumba® creates a party-like atmosphere that is so much fun kids won't even know it's fitness. In no time they'll be shakin', movin', rockin' and slamin' to Latin and international beats like reggae ton, hip-hop, salsa, calypso, cumbia, meringue, samba and more. Be ready to exercise and party. Come in comfortable clothing and sneakers. Bring a water bottle.

Pre-Season Informational Coaches Clinic

The Recreation Department, in an attempt to provide support services to ALL Town of Ellington Coaches, has designed a pre-season Coaches Clinic that will discuss the following VERY important aspects of coaching today's youth:

- Moral/legal obligations of a coach
- Emergency procedures and concussion information
- Parent/Coach communication and expectations
- Coaching Guidelines: practice planning, teaching drills/skills, coaching 101
- Mandatory requirement: registering for and completing an approved AED/CPR/FIRST AID class offered by the department
- Equipment Inventory
- Playing time philosophy and Town of Ellington/Parks and Recreation Commission Policies
- Question/answer session

Guest Speakers from both the college and high school sector will be involved in the presentations.

Dates: September 13 and October 25
(a coach must attend just one of the scheduled dates)

Location: The New Saint Franciscare Building
located on Rte. 83 in Ellington (opposite McDonald's)
Seminar will be in the Conference Room

Time Frame: 6:30pm-9:00pm

The seminar is required attendance for ALL Ellington Recreation Department Coaches, regardless of the sport that an individual has or wishes to coach in.

Head Coaches as well as assistant coaches are expected to pre-register by contacting:

Bob Tedford e-mail: rtedford@ellington-ct.gov or
Mary Bartley mbartley@ellington-ct.gov

YOUTH BASKETBALL COACHING CLINICS

Clinician: Stan Ogrodnik

Based on last year's popular reception, former Trinity College Men's Varsity Basketball Coach Stan Ogrodnik will provide Recreation Department Youth Basketball Coaches, both experienced and new, with pre-season clinics in order to prepare for the 2010-2011 season. Pre-registration is required by contacting the Recreation Office 860-870-3118

Experienced and inexperienced coaches may attend one or both clinics ~ 6:30-9pm ~ Dates to be determined

Automated External Defibrillator (AED) First Aid CPR Training

The Recreation Department has a certified CPR/AED/First Aid instructor on staff. New classes have been scheduled (see below) that will allow all Ellington coaches, athletic officials, program instructors, and staff to register free of charge. All classes will be held at the Recreation Office at 31 Arbor Way.

Wednesday September 15 5pm-10pm
Monday October 4 5pm-10pm
Saturday October 9 9am-2pm

Please understand that **each coach is required to complete this training**. We can only allow 6 coaches per class, so early registration is important. Thank you in advance.

Register online at Ellington.safety@yahoo.com

WHEN YOU REGISTER PLEASE LEAVE FULL NAME,
PHONE NUMBER AND SPORT YOU ARE COACHING.

Instructor: Allison Breen

USTA COACHES TENNIS WORKSHOP

Anyone interested in learning the basics of coaching and teaching tennis or seeking a refresher on more current methods and effective tools, should attend a Recreation Coach Workshop.

Taught by a specially trained, certified teaching professional this active 6-hour session covers:

- > Games and drills every coach should know
- > The games—based approach to coaching
- > Teaching large groups
- > Implementing effective team practices
- > Learn QuickStart Tennis to introduce younger kids to the game

Date: Saturday, September 18th @ Brookside Park
Time: 9am-3:30pm

Cost: \$30.00

To register contact the Recreation Office @ 860-870-3118 or Jim Maitland @ 860-462-3627

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ACTIVITY	ID CODE	DATES	TIME	AGES	FEE	LOCATION
Adult ZUMBA® Fitness Instructors: Joanne Britton & Tressa Giordano	ZUMBA.108 TT ZUMBA.108TU ZUMBA.108TH	Session 8 Sept. 16,21,23,28,30; Oct. 5,7,14,19,21 (10 classes) Tuesdays & Thursdays	7:30-8:30 PM Adults \$5.00 per class \$50.00 pre-paid session 108 \$55.00 pre-paid session 109 \$20.00 pre-paid December mini session OR \$8.00 Walk-In Fee at the Door LOCATION: Ellington Middle School Gym			
	ZUMBA.109TT ZUMBA.109TU ZUMBA.109TH	Session 9: Oct. 26,28; Nov. 4,9,16,18,23,30; Dec. 2,7,9 (11 classes) www.zumba.com				
	ZUMBA® 2010 Session	Mini December: Dec. 14,16,21,23	The Latin-inspired, easy-to-follow, calorie-burning, dance fitness party. Feel the music and let loose. Bring a water bottle and towel.			
Core Training Instructor: Ginny Hogan	CORE.TRA	Mondays Sept. 13,27; Oct. 4,18,25; Nov. 1,8,15,22,29	7:30-8:30pm Bring exercise ball & mat.	Adults	\$5 per class pre-paid \$7 Walk-In	Center School
Core Training focuses on the abs, glutes, hips, and lower back. By performing progressively more challenging exercises on a regular basis, you will strengthen the body's power center and prepare yourself to move more efficiently in everyday life and sports.						
Strength Sculpt & Tone Instructor: Ginny Hogan	SSTE.MON	Mondays Sept. 13,27; Oct. 4,18,25; Nov. 1,8,15,22,29 (No Class 9/20)	6:00-7:15pm	Adults	\$5 per class pre-paid \$7 Walk-in	Center School
	SSTE.WED	Wednesdays Sept. 15,22,29; Oct. 6,13,20,27; Nov. 3,10,17	Bring a mat & water bottle.			
Strengthen, Sculpt, and Tone is a strength-training program using resistance bands, medicine balls, and hand weights. You will get a full-body workout that will build lean muscle and burn lots of calories. Bands will be available for purchase. . This class is suitable for all levels of fitness men, women and teens are welcome.						
Kickboxing Instructor: Ginny Hogan	KICK.BOX	Wednesdays Sept. 15,22,29; Oct. 6,13,20,27; Nov. 3,10,17	7:30-8:45pm	Adults	\$5 per class pre-paid \$7 Walk-in	Center School
	Kickboxing gives you a great cardio workout as you kick, punch, and jump to the beat of invigorating music. Learn some safe, basic techniques from a certified personal trainer and martial arts Black Belt. Follow along as she gives your upper and lower body, as well as your core, a workout that will burn plenty of calories. Not too dancey & not overly technical, this class is suitable for exercisers of all ability levels who want to work out in a fun and spirited class. Bring a mat for Ab work at the end of class.					
Boot Camp for Couples Instructor: Ginny Hogan	BOOT.CMC	Thursdays Sept. 9,16,23,30; Oct 7,14,21,28; Nov.4,18	7:30-9pm	Adults	\$5 per class pre-paid \$7 Walk-in	Center School
	Boot Camp for Couples is a new class geared for those seeking intensity, cardio and conditioning. Line up the babysitter! You both deserve a night out for yourselves~ to sweat, burn calories, get fit and have some fun. Get a total body workout using various types of fitness equipment (hand weights, kettle bells, etc) doing partner drills, relays, boxing and plyometrics. Be prepared for an invigorating, challenging workout! Bring water bottle ,mat & hand weights if you have them.					

Recreational League Basketball for Grades 3-8

Registration: October 4-December 2, 2010

Recreational League Fees: \$60-1 child; \$100-2 children; \$135-3 or more in family

Recreation League Team Selection Policy:

- Games played on Saturdays and/or Weeknights; times and locations pending final enrollment.
- Team Selection: All players will be reselected each athletic season for the Recreation Division League.
- Team Placement Requests: All requests to have a player either removed or placed on a certain team MUST be made in WRITING at least 2 days prior to the actual league draft of December 4, 2010
 - A Parent/Guardian may request that their child be placed on a certain team, but only due to extreme hardship, such as: transportation, personal issues. Requests are not guaranteed.
 - A written request is required if a parent/guardian wishes to have their child move up one division. Placement is based on: safety, skill level and available roster space.

Recreation League Evaluation Clinic Dates Saturday, December 4th, 2010

Boys @ Ellington Middle School	ID Code	Time	Girls @ Windermere School	ID Code	Time
3rd & 4th grade	1104.101	8:30 am- 9:45 am	3rd & 4th grade	1107.101	8:30 am- 9:30 am
5th & 6th grade	1105.101	10:00 am-11:15 am	5th & 6th grade	1108.101	9:45 am-10:45 am
7th & 8th grade	1106.101	11:15 am-12:30 pm	7th & 8th grade	1109.101	10:45 am-12Noon

Boys & Girls Instructional Youth Basketball: Ages 4 years-2nd Graders

Saturday Mornings @ the Ellington Middle School

Parent Volunteers are needed in order to provide a better Coach to Player ratio.

Registration: October 4th — December 2nd, 2010

Program Dates: Dec. 11,18; Jan. 8, 15, 22, 29 Feb. 5, 12

Fees: \$30/1 child; \$45/2 children; \$62/3 or more children

Boys & Girls @ Ellington Middle School	ID Code	Time
2nd graders (as of 12/31/10)	1110.1012nd	8:30am- 9:30 am
1st graders	1111.1011stg	9:30am-10:30 am
Kindergarten	1112.101Kind	10:30am-11:30 am
4 Year olds	1113.1014years	11:30a.m.-12:15pm

All Youth Basketball Registration will be taken during **Regular Office Hours:**

Monday: 8:30 am-6pm; Tuesdays-Thursdays: 8:30am-4:00pm; Fridays 8:30 am-1:30 pm

BASKETBALL OFFICIALS: The Recreation Department is providing a mandatory pre-season basketball official's clinic, a combined classroom and floor mechanics format, to all youth and adults ages 14 and up. The classes are slated to be held between the last week of October to the first week of December. Pre-registration by calling the Recreation Office at 870-3118.

Travel Basketball Information

To be eligible for selection a player MUST attend a minimum of 2 tryouts.

Travel Team Tryout Policy: The Travel Teams will be registered for boys and girls in grades: 5th, 6th, 7th and 8th, provided enough players are registered to provide recreation division teams. A player selected to a travel team may choose to play on a recreation team as well, but is NOT required to play both.

(Parents: If a decision is made to have your child compete on both a recreation and travel team, please keep in mind that the participating player MUST complete his/her commitment to the recreation team. Failure to do so may result in removal from the travel team. Consider the weekly practice schedule along with the game schedule before making a final decision, which has a deadline of December 1, 2010

Travel Team TRYOUTS will be held between October 22nd to November 13th, 2010. An updated schedule will be distributed through the public schools, media outlets, and our website www.ellington-ct.gov.

Boys Travel ID Code

5-6th Grade 1114.101

7th Grade 1115.101

8th Grade 1116.101

Girls Travel ID Code

5-6th Grade 1117.101

7-8th Grade 1118.101

Travel Team Fee:

\$145 includes Board Officials, Timers, Scorers and Custodial Fees. Plus each player must submit a separate check to the Coach in the amount of **\$25 for the uniform. The Coach will return the check once the complete uniform is returned at the end of season. Travel Additional Fee due at time of selection for Team is **\$85****

FALL SOCCER 2010

The Recreation Department's FALL 2010 Soccer Program encompasses children ages 3 through grade 8. **Fees: \$22.00 Instructional / \$24.00 Recreational Division.**

The Instructional Program is held on Saturday mornings only.

The Recreation Division Program includes grades 3-8. All Travel Team selections have been completed and teams in the U-10, U-12 and U-14 age groups will compete versus surrounding towns.

Registration closed August 23, 2010; Late Registrations will be accepted "ONLY" if openings exist.

Dear Soccer participant, enthusiast, spectator!!!

Each year brings larger program enrollments and the need to ensure that staffing, equipment and maintenance are appropriate. In order to maintain existing services and to continue fostering successful youth programs we are asking for active volunteer participation from parents, teenagers and the community.

Coaches' Needed! Coaches are needed at all levels, and a coaches clinic will be provided along with CPR/FIRSTAID/AED training, which can be registered for by e-mailing Ellington.safety@yahoo.com.

USSF Certified Officials are needed. Contact Recreation Department 860-870-3118.

Fundraising: The Recreation Department welcomes community support. The ability to keep the entire soccer program cost effective and at the same time provide appropriate equipment, uniforms and field equipment, is based on receiving support from members of the community. The Recreation Department has an updated inventory of soccer items that are available for sale: coffee/tea mugs, water bottles, fleece blankets, wrist bands, umbrellas, fleece hat, fleece ear bands, and soccer magnets.

CLEAT Board: The Recreation Dept has received, due to the generosity of two long-time soccer coaches and supporters, TWO Large containers that hold an abundance of "used" soccer cleats. If you know of someone in need (especially the smaller age groups) please contact the Recreation Office @ 860-870-3118, plus we will have a SOCCER cleat board on site during soccer on Saturdays where parents may review and take cleats if needed.

Vacation Week Camp Programs

December 27, 28, 29, 30, 31, 2010
CODE:DEC.CAMP

April 18, 19, 20, 21, 2011
CODE:APR.CAMP

8:30am- 3:00pm* Grades K-7 Ellington Middle School Vacation Week

***Before Care: 7:30—8:30am; After Care: 3-5pm will be offered**

An updated schedule and fee structure will be made available on the town website, www.ellington-ct.gov, starting in early October.

Ellington Family Fall Festival

Hosted by the Ellington Recreation Department

Saturday, October 30th

Brookside Park Pavilion

10am -12noon

Promises to be a great time for all!

Fee: \$3.00 per person

Pre-registration required on line or at the Ellington Recreation Office.

Come celebrate Autumn and get into the Halloween "spirit" with this line up of exciting events:

Decorate a pumpkin

Art/Craft Activity

Face Painting

Tractor-Drawn Hay Rides

Sack Races

HUGE Tug of War Contest



Please join us on October 30th at 11am for the
GRAND OPENING
of Phase 2 of the
newly refurbished Brookside Park Playground!

For more information please call the
Recreation Department 860-870-3118

Donations of a non-perishable food item for the Ellington Food Bank will be accepted.

**Mad Science
After School
Programs**

**Center School
Mondays,
October 18-December 6**

**Crystal Lake School
Tuesdays,
October 19-December 14**

**Windermere School
Thursdays,
October 13-December 22**

8 Week Programs ~ 3:30-4:30 pm ~ Cost: \$114 per person per program ~ Min: 12; Max : 21

Program # 1 Rocket Science This is your chance to be a rocket scientist! Investigate the four force flight with the help of a Unique Flying Object! Explore the science in- volved in rocket construction as you build your own "Skyblazer II Rocket that you take home.

Program #2 Space Technology Discover technology designed for outer space! Steer a laser beam through a laser maze, find hidden mountains using the principles of radar technology & discover everyday objects originally designed for use in space! Take home a Lightning Launcher.

Program # 3 Living In Space Live the life of an astronaut as you suit up for space flight! Find out how much you would weigh if you lived on Pluto and how old you would be if you lived on Saturn. Participate in a space mission and make your very own Cosmic Chronometer.

Program #4 Sun & Stars This stellar program is your ticket to the stars! Watch star dust burn, and journey through a soapy galaxy as you investigate the life cycle of stars! Use your Bead Dipper to create a 3-dimensional glow-in – the-dark constellation!

Program #5 Planets and Moons Explore the farthest reaches of our solar system and create a lunar eclipse in this "mad" planetary tour! Build and take home Kepler's Cube, a fun and educational 3-D solar system puzzle!

Program # 6 Atmosphere and Beyond We're on a mission to explore the atmosphere on Earth and beyond ! Travel to the end of the rainbow and make a sunset! Mix up various planetary atmospheres, one molecule at a time! Discover how stars would look in space and see what makes stars twinkle using your Shimmering Stars.

Program # 7 Space Phenomena Probe the mysteries of meteors and launch a satellite in this phenomenal program on space events! See comets up close as one is formed before your eyes, and take home your very own Catch-a-Comet.

Program # 8 Space Travel Learn what it takes to be a true globetrotter! Race a Balloon rocket and design your own car engine. Learn about trust. See the principles of propulsion at work in a real rocket launch. Build your very own Shuttle Copter.

HOLIDAY SCHEDULE

The Town Offices and the Library will be closed on the following dates:

September 6 **Labor Day***

October 11 **Columbus Day**

November 11 **Veterans' Day**

November 25 **Thanksgiving Day***

November 26 **Thanksgiving Holiday**

December 24 **Christmas Holiday**

*Trash collection will be delayed one day for the **Labor Day** and **Thanksgiving Day** holidays.

When a holiday falls on a Saturday or Sunday there will be **no** delay in the collection schedule.